

**LAPORAN**  
**HASIL PENELITIAN UNGGULAN PERGURUAN TINGGI**  
**TAHUN ANGGARAN 2012**



**PENGEMBANGAN TRADISI MERAMU JAMU SEHAT WANITA DI  
KALANGAN WANITA MADURA DALAM UPAYA MENINGKATKAN  
DERAJAT KESEHATAN BANGSA**

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**Dibiayai oleh DIPA Universitas Airlangga Tahun Anggaran 2012, sesuai dengan Surat  
Keputusan Rektor Universitas Airlangga tentang Kegiatan Penelitian Unggulan  
Perguruan Tinggi 2012 Nomor:2613/H3/KR/2012**

**Universitas Airlangga**

**2012**

## Abstract

**The Development of Tradition of Making Women Healthy Madurese Herbs among  
Madurese Women in Improving Degree of National Health**

In Madurese culture, behavior of self – caring among Madurese women is not only preen, wear interesting dress, but also they must care their selves by consuming herbs frequently to make their bodies become fragrant and fit, and their skins look fresh. Either in the past or now, behavior of self – caring among Madurese women from inside of body by consuming herbs since first menstruation is a must. Parents especially mothers will remember their daughters to consume herbs frequently; and provide the herbs every week. This case aims to make their daughters become fit women without odor; to make daughters' menstruation smoothly because of consuming turmeric-tamarind and suruh-kunci (in Indonesian). When the Madurese women have already married and born, the frequency of consuming herbs is increased; and the benefit of herbs prefer to protect the vital organs with purpose to be loved by their husbands. When Madurese women have born, the process of consuming herbs has been getting increased more, every morning and afternoon a day. It aims to keep their bodies in fit and attractive condition. So, there is no day without consuming herbs for Madurese women. According to their confessions by consuming herbs, their bodies become fitter and they have more spirit to work. Interestingly, the herb products that are produced, most of them are dominant for women than men.

Inheritance system is more likely vertical among Madurese herbs makers. It means that the parents give their legacy to their children or nephews fairly. The parents do not select or point the persons who will be the next herbs makers. The heritors can be taken from their children or grandchildren. The next herbs makers will get knowledge from their parents. If there is a nephew wants to continue the herbs business, she/he is asked to help in process of making herbs. Indirectly from that process, it will be natural selection process to win the next generation. Only a child who has interest automatically will inherit the knowledge of making herbs. While a child who has no interest will fail. Because of that, inheritor generations are not too many, usually only one or two persons

as heritors. When there is one of children who has interest to learn the knowledge of making herbs, the parent begins to ask her/him to accompany her/his parent in making herbs. The parent will introduce a variety of leaves, roots that exist around the yard of the house, which can be used as herbs. The parent also introduces the way of making good composition among ingredients until the process of cooking. It is very rare in Madurese culture, if the inheritor of herbs business is a neighbor or other person who is not from family. Because of that, usually the Madurese herbs makers are from family and until now becomes family company.

